



Food Education Standard 2: Foods have sources and origins.

Tale of a Fish

Grade Levels & Subjects: Early Childhood and Grades K-2 English Language Arts

Learning + Food Objectives:

Students will learn about food sources and origins by learning how fish move from the water to our table.

Common Core Standards:

Common Core English Language Arts

Writing: Drawing, writing, and dictating events in the order they occur

[CCSS.ELA-LITERACY.W.K-2.3](https://www.illustrativemathematics.org/HS-ELA-Literacy-W-K-2-3)

Use a combination of drawing, dictating, and writing to narrate a single event or several loosely linked events, tell about the events in the order in which they occurred, and provide a reaction to what happened.



MATERIALS NEEDED

- Pilot Light Video: How to Fillet & Cook Fish with Chef Geef Fellows: <https://vimeo.com/409834698>
- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (5 minutes)

1. Tell students that today they will be learning about things that grow in the water! Ask them to think about food that grows in the water. Make a list as a class.
2. Tell students that today they are going to learn about the life cycle of a fish and watch a video that shows you how to clean and cook a fish.

INSTRUCTION (30 minutes)

1. Ask students what they know about fish. Make a list of fish characteristics as a class.
3. Show students pictures of fish. Ask what body parts do all of these fish have? Possible answers could be eyes, scales, a mouth, gills, fins, and backbones (even though backbones aren't visible, remind students that fish have backbones like us). Can they name any specific types of fish?
4. Walk students through the life cycle of a fish. Reference this diagram from Easy Science for Kids: <https://easyscienceforkids.com/lifecycle-of-a-fish/>
5. After going through the life cycle, tell students that many different types of fish are eaten as food around the world. Explain that fish can be caught from the ocean, lakes, or streams by fishermen or raised in fish farms, where fish are raised for food specifically. After fish are caught, they are taken to markets or grocery stores to be sold.
Prompting questions could include:
 - Who likes to eat fish?
 - Where do the fish come from - a restaurant? The supermarket?
 - Remind students that wherever you get the fish to eat, they first have to be grown and then be caught by a fisherman!
6. You can show students a video on the following site to learn more about how fish and seafood are caught: "Where Does Seafood Come From?" from the Global Seafood Alliance: <https://www.aquaculturealliance.org/blog/where-does-my-seafood-come-from/>
7. Using the sequencing diagram on the worksheet, ask students to number the steps of how a fish moves from the water to our plate to be ready to be eaten!
8. After completing the worksheet, Watch the "[How to Filet and Cook a Fish](#)" video.
9. An additional video about filleting a fish can be found at TakeMeFishing.org "How to Fillet a Fish" <https://www.takemefishing.org/how-to-fish/how-to-catch-fish/how-to-fillet-a-fish/>
10. After watching the video, ask students what they saw the chef do to clean the fish. Was anything surprising or interesting?

ADDITIONAL RESOURCES

- Text and Video: "Where Does Seafood Come From?" from the Global Seafood Alliance: <https://www.aquaculturealliance.org/blog/where-does-my-seafood-come-from/>

RECIPE FROM VIDEO

Video: "How to Fillet & Cook Fish" - <https://vimeo.com/409834698>

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

Fish with Couscous

Serves 4

Ingredients:

- 1 fish (2 lbs), inner guts removed and scaled (any round fish will work here!)
- 1 cup couscous
- 3 cups water
- 1 medium shallot, sliced thinly (or use another allium like onion or leek)
- 2 cloves of garlic, sliced thinly
- 1 ½ TB thyme, fresh (or 1 tsp. if using dried)
- ½ cup raisins
- 4 TB butter, sliced in ½ inch pieces
- ¼-⅓ cup white wine
- Olive oil
- Lemon juice, to taste
- Salt and pepper, to taste

Materials:

- Scissors (optional)
- Spatula
- Spoon
- Cutting board and knife
- 2 medium sauté pans (for fish and sauce)
- 1 sauce pot (for couscous)
- Measuring cups and spoons
- Paper towels

Preparation:

1. Fillet the fish:
 - a. Wipe the fish with a paper towel to assure it is dry, then lay the fish with the belly facing you and head to the right side of your board.
 - b. Using scissors or a knife, remove all fins and discard. Remove the head by cutting at a 45-degree angle starting at the top of the gill down towards where the fin was. Be sure to apply pressure to cut through the neck at the top.
 - c. You will now open the fish up by cutting guidelines on the top and bottom of the fish.
 - d. If your fish has had its spine bones removed (as they are in the video), flip the fish so the belly is facing away from you. Slide your knife so it is parallel to the cutting board and cut along the back of the fish's spine bones to separate into fillets. Be sure to hold the fish with the hand that is not holding the knife.

- e. If your fish has NOT had its spine bones removed, slide your knife along the spine and use your knife to zip through the spine bones. Be sure to hold the fish with the hand that is not holding the knife. Flip, and repeat for the other side (belly towards you) to remove the spine bones. Remove the rib bones near the belly of each fillet by making a diagonal slice (or multiple if you need) towards the tail and pressing upwards towards the rib bones.
 - f. Cut any extra pieces from fins off, and portion to cook.
2. Make the couscous:
 - Bring water to a boil in a medium pot, and add couscous.
 - Stir and bring the couscous to a boil. Remove from the heat and cover for ten minutes.
 - After ten minutes, remove the lid and fluff with a fork to aerate. Add olive oil and salt to serve.
3. Cook the fish:
 - Get your sauté pan hot first on medium high heat. Add some oil and then your fish. Using a spatula, apply a little weight, to get a nice flat sear on your fish.
 - When your fish is lightly golden brown, add 2T butter and brown for an added nutty flavor.
 - Once brown, stop the browning by adding a squeeze of lemon juice (but be careful doing this over an open flame as it will spit!).
 - Baste the fish with some of the butter by spooning it over.
 - Once you have stopped the butter from browning, flip your fish over and turn off the heat to further slow cooking while the sauce builds.
4. Make the sauce:
 - Cook your fish until step 3(c), then begin!
 - Bring a small pan to medium heat and add olive oil.
 - Add the shallot and cook, then add garlic and thyme and cook low until the shallot and garlic are translucent.
 - Add raisins and white wine and lightly simmer.
 - When wine has reduced, begin adding remaining 2T of cold butter, one piece at a time, until emulsified then season with lemon and salt. This is called mounting the sauce and gives it a creamy, velvety texture.
5. Serve: plate couscous first, then top with fish, and fish with sauce on top. Enjoy!

Tale of a Fish



The student worksheet below can be printed or copied onto any online learning platform.

Tale of a Fish

Put these pictures in the right order showing how a fish moves from the water to our plate!

Put 1, 2, 3, and 4 in the boxes below:

<div data-bbox="155 585 305 711" style="border: 1px solid black; width: 92px; height: 60px; margin-bottom: 20px;"></div> <div data-bbox="248 758 602 974"> </div>	<div data-bbox="823 585 972 711" style="border: 1px solid black; width: 92px; height: 60px; margin-bottom: 20px;"></div> <div data-bbox="902 806 1321 1012"> </div>
<div data-bbox="180 1234 329 1360" style="border: 1px solid black; width: 92px; height: 60px; margin-bottom: 20px;"></div> <div data-bbox="225 1419 652 1701"> </div>	<div data-bbox="792 1234 941 1360" style="border: 1px solid black; width: 92px; height: 60px; margin-bottom: 20px;"></div> <div data-bbox="954 1423 1321 1724"> </div>